



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List three common food allergens.

2. List four possible reactions to these allergens.

3. When someone with a food allergy eats a food allergen, the body releases chemicals called _____ that cause an allergic reaction.

- a. epinephrine
- b. anaphylaxis
- c. histamines
- d. hives

4. Describe one of the ways doctors determine if a reaction is caused by a food allergy.

5. True or false: Once you have an allergy, you always have it.

6. True or false: If you don't have a food allergy when you're younger, you don't ever need to worry about food allergies.

7. When people have severe reactions to food allergens, they may need shots of _____.

- a. epinephrine
- b. histamine
- c. antibodies
- d. none of the above